

## Examination of Conscience based upon the 10 Commandments

- I am the Lord your God: you shall not have strange Gods before me. Have I treated people, events, or things as more important than God?
- You shall not take the name of the Lord your God in vain. Have my words, actively or passively, put down God, the Church, or people?
- Remember to keep holy the Lord's Day. Do I go to Mass every Sunday (or Saturday Vigil) and on Holy Days of Obligation (Jan. 1; the Ascension; Aug. 15; Nov. 1; Dec. 8; Dec. 25)? Do I avoid, when possible, work that impedes worship to God, joy for the Lord's Day, and proper relaxation of mind and body? Do I look for ways to spend time with family or in service on Sunday?
- Honor your father and your mother. Do I show my parents due respect? Do I seek to maintain good communication with my parents where possible? Do I criticize them for lacking skills I think they should have?
- You shall not kill. Have I harmed another through physical, verbal, or emotional means, including gossip or manipulation of any kind?
- You shall not commit adultery. Have I respected the physical and sexual dignity of others and of myself?
- You shall not steal. Have I taken or wasted time or resources that belonged to another?
- You shall not bear false witness against your neighbor. Have I gossiped, told lies, or embellished stories at the expense of another?
- You shall not covet your neighbor's spouse. Have I honored my spouse with my full affection and exclusive love?
- You shall not covet your neighbor's goods. Am I content with my own means and needs, or do I compare myself to others unnecessarily?

## Communal Penance Service

Sunday, April 7<sup>th</sup>, 2019

Saint Wenceslaus Parish

Rev. Anthony Urban, Rev. Joe Forcelle, and Rev. Randy Phillips

Order of Service

Greeting and Opening Prayer

First Reading: Zephaniah 3: 14-18a

Response is: Let the Lord enter; he is king of glory.

Responsorial Psalm 24: 1-2, 3-4, 5-6

Gospel: Luke 12: 35-40

Homily

Examination of Conscience

Rite of Reconciliation

Litany of Repentance

Individual Confessions

Examination of Conscience

### **For failings in our private life:**

- Abusing or neglecting the gift of our body, a temple of the Holy Spirit
- Overindulging in food or alcohol
- Engaging in sinful sexual practices
- Becoming complacent or self-satisfied

### **For failings in our families:**

- Hurting or neglecting our families
- Withholding our love from those closest to us
- Withdrawing into our own pursuits

## Examination of Conscience continued

- Arguing too easily
- Failing to say we were sorry
- Failing to say we were wrong
- Failing to honor our parents

### **For failures in our communities:**

- Being a disruptive force because of our own ego
- Failing to be a peacemaker
- Intentionally excluding others
- Being greedy in the face of poverty
- Contributing to and passing on gossip

### **For our failures with our God:**

- Failing to put our relationship with God first
- Failing to make time for regular private prayer and for worship with others
- Making important choices in our life without listening for God's voice
- Holding back when God was calling us to be an instrument of grace
- Failing to offer back to God the gifts he has given us
- Failing to attend Mass on Sundays and Holy Days of Obligation
- Using God's name in vain

## Rite of Reconciliation

*Please kneel*

Presider: Brothers and sisters, let us call to mind...

All: I confess...

## Litany of Repentance

Presider: By human weakness we have disfigured the holiness of the Church: pardon all our sins and restore us to full communion with our brothers and sisters.

Presider: In your goodness, forgive our sins against the unity of your family,

All: --make us one in heart, one in spirit.

Presider: Touch our hearts and change our lives,

All: --make us grow always in your friendship.

Presider: Receive us as we come before you with humble and contrite hearts,

All: --with your pardon give us also your peace.

Presider: Restore us, Lord, to your favor, and give us joy in your presence,

All: --may our glory be to serve you with all our hearts.

Presider: Let us now pray to God our Father in the words Christ gave us, and ask him for his forgiveness and protection from all evil.

Our Father...

Presider: Father, our source of life, you know our weakness. May we reach out with joy to grasp your hand and walk more readily in your ways. We ask this through Christ our Lord.

All: Amen.

## Individual Confessions

### Order of Confession

Priest will begin with the sign of the cross and greet you

Penitent begins with: "Bless me father for I have sinned, it has been \_\_\_\_\_ since my last confession."

At this time you may confess the sins that you are sorry for and confess any and all mortal sins that you may have committed.

The priest will offer some pieces of advice and a penance.

Act of contrition-this is available at each confessional.

*After confession, please pray the penance offered to you.*